



Total
Recreation
And
Independent
Living
Services

Activities this week

October 7 to 14
TRAILS
235-7911

<http://www.peninsulailc.org/TRAILS->

Activities



**INDEPENDENT
LIVING CENTER**

265 E Pioneer Ave

Here's a great way to make tomorrow—Saturday—a special day: first, at 9 am, go “Walk with a Doc(tor)” at the SPARC building and then head over to the High School Commons for a huge garage sale that runs till 2 pm. And, of course, there's the usual amazing variety of activities going on this week, from knitting circles and melting ice curtains to bowling, reflexology, and commemorating the Battle of Attu. WOW!

And if you want to volunteer and earn a free pass to the very fun Wearable Arts show at Lands End on October 28, call Bunnell Street Arts Center at 235-2662 to find out more! Plus, don't forget to download the City of Homer recreation guide for fall/winter 2017-2018 at this link: [Homer Rec Guide](#).

| Activity | Date, time, location | Hosted by & contact information |
|--|---|--|
| Kevin Bell Ice Arena Public Skating | All week , After-school skate and Public skate , call for schedule \$5, \$1 for skate rental | Kevin Bell Ice Arena, 3150 Homer Spit Road; for information: call 235-2647 |
| Walk with a Doc(tor) | Saturday Oct 7, 9:00-10:00 am, FREE Get some health tips, then join Dr. Downey for a healthy walk in the SPARC building | SPARC building, Sterling Highway by Homer Middle School, for info, call South Peninsula Hospital: 235-0285 |
| Indoor Garage Sale Homer High School Commons | Saturday Oct 7, 9:00 am-2:00 pm, FREE Huge garage sale fundraiser for Homer High students to go to DC | Homer High School AKtoDC, 600 E. Fairview, for info call: 299-7664 |
| Lunch with a Homer City Council member | Monday Oct 9, noon, FREE Bring your lunch to Homer Public Library and enjoy chatting with a local city Council Member | Homer Public Library, 500 Hazel Ave., for info, call: 235-3180 |
| after-school E.C.O. Kids or Backyard | Mondays, Wednesdays, Fridays every week till December 20, 2:30 to 5:30 pm, \$18/day, \$45/week, CACS | Center for Alaskan Coastal Studies (CACS), 708 Smokey Bay Way, for info, call: 235-6746 |
| Knitting Circle | Mondays every week, 1:30 pm, FREE Homer Public Library | Homer Public Library, 500 Hazel Ave., for info, call: 235-3180 |
| Melting the Ice Curtain Author David Ramseur | Tuesday, Oct 10, 5:00 to 7:00 pm, FREE Pratt Museum, David Ramseur talks about past and present dynamics between Russia and the US, covered in his new book | Pratt Museum, 3779 Bartlett St., for info call: 235-8635 |
| Body Moves with Dotti Harness-Foster & Cathy Stingley | Wednesday, Oct 11, 10:30-11:45 am 5- or 10-week session; discount for HCOA members, \$20 for drop ins | Homer Council on the Arts, 355 W. Pioneer Ave., scholarships available; for info, call: 235-4288 |
| TRAILS Bowling at Kachemak Bowl | Wednesdays weekly, starts at 3:00 pm, \$4.25 per game, shoe rental free for TRAILS | Kachemak Bowl, 672 East End Rd. (next to Boss Hogz); TRAILS folks—please sign TRAILS sign-in sheet |
| TRAILS Qi Gong and Tai Chi | Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership | Homer Senior Center, 3935 Svedlund St., for info, call Dean: 235-7911 |
| Erik Schreier on Intuitive Bodywerks | Thursday Oct 12, 6:00-8:00 pm, FREE, Learn about benefits of reflexology, SVT Thriving Thursdays | SVT Wellness Center, 880 East End Rd., for info, call: 262-2228 |
| Sheila Wyne Fiber artist open studio | Thursday, Oct 12, 5:00-9:00 pm, FREE Visit Sheila at Bunnell Street Arts Center for help with your Wearable Arts submission | Bunnell Street Arts Center, 106 West Bunnell Ave., for info, call: 235-2662 |
| Commemorate the Aleutian Island WWII Battle of Attu | Thursday, Oct 12, 7:00-8:30 pm, FREE Learn from author Jeff Dickrell about the WWII Battle of Attu in the Aleutians | Alaska Maritime National Wildlife Refuge, Islands and Ocean, for info call: 235-6546 |
| Join Sheila Wyne to create collaborative Wearable Art! | Saturday and Sunday, Oct 14-15, noon-4:00 pm FREE, Bunnell Street Arts Center | Bunnell Street Arts Center, 106 West Bunnell Ave., for info, call: 235-2662 |

LINKS to some calendars: KBBI: <http://kbbi.org/community-calendar> Homer News: <http://www.newsalaska.info/Happening/events/> Homer Tribune: <http://www.homertribune.com/calendar/>